

Self Test for Alcoholism

If you think you, or someone you know, has a problem with alcohol, here are 20 questions used by John Hopkins University Hospital in assessments to determine whether or not a patient is an alcoholic.

Self Test

Answer these questions with Yes or No as honestly and truthfully as possible.

1. Do I lose time from work due to my drinking?
 2. Is drinking making my home life unhappy?
 3. Do I drink because I am shy with other people?
 4. Is drinking affecting my reputation?
 5. Do I ever feel remorse after drinking?
 6. Have I gotten into financial difficulties as a result of my drinking?
 7. Do I turn to lower companions and an inferior environment with drinking?
 8. Does my drinking make me careless about my family's welfare?
 9. Has my ambition decreased since drinking?
 10. Do I crave a drink at a definite time daily?
 11. Do I want a drink in the morning?
 12. Does drinking cause me to have difficulty sleeping?
 13. Has my efficiency decreased since drinking?
 14. Is drinking jeopardizing my job or business?
 15. Do I drink to escape from worries or troubles?
 16. Do I drink alone?
 17. Have I ever had a complete loss of memory as a result of drinking?
 18. Do I drink to build up self-confidence?
 19. Have I ever been in a hospital or institution for my drinking?
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Results

If you answered yes to any one of the questions above, this is a definite warning that you could become an alcoholic.

If you answered yes to any two of the questions above, the chances are that you are in the process of becoming an alcoholic and should seek help.

If you answered yes to three or more of the questions above, you are an alcoholic and need to seek help immediately.